DEGREE PROGRAMS

- We offer Bachelor of Science (B.S.) degrees in Exercise Science (ES), Health Science (HLTH), and Athletic Training (AT).
- Our Health Science Program is approved by the Society of Public Health Educators – American Association for Health Education Baccalaureate Approval Committee (SABPAC).
- Our Athletic Training Education Program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE).
- All HES students take human anatomy with a cadaver lab which is located at AT Still University of Health Sciences, the local medical school. Only 4% of undergraduate programs in the nation offer cadaver-based anatomy.
- All students complete a required professional field experience or practicum in supervised professional health-related settings of their choosing.
- There are numerous opportunities for students to conduct undergraduate research, either on-campus with a Truman faculty member or off campus, both during the academic year and during the summer.
- Many of our students study abroad in countries such as Australia, Costa Rica, Germany, Ireland, Italy, England, and Spain.
- We have articulation agreements with some of the most prominent physical therapy, medical, occupational therapy, and athletic training graduate programs in the nation. These agreements provide HES students special advantages in the admissions process. Articulating schools include Washington University (St. Louis), Creighton University, AT Still University of Health Sciences, and the Arizona School of Health Sciences.
- Our class size average is 20 students and faculty are readily accessible to students.
- Students in all three degree programs take nationally prominent certification exams specific to their program as their senior test. Passing these exams provides students with highly respected credentials such as Certified Health Education Specialist (HLTH), Board of Certification (AT), and Health Fitness Specialist (ES).
- The HES curriculum offers the flexibility to obtain a variety of minors, both interdisciplinary and discipline-specific.

FACULTY

- HES includes 21 full time and 2 part time faculty members.
- 52% of full-time faculty members hold a terminal degree and 67% are female.
- Our faculty are diverse; they come from many different states and countries, they attended an array of public and private undergraduate institutions, and their doctorates were received from some of the most prominent research universities from across the United States.
- Our faculty are active teacher-scholars who work collaboratively with students on undergraduate research projects.
- Our faculty are dedicated to serving the State of Missouri and the Midwest region. They currently or have recently served as executive officers, members of executive boards, and on committees of the following state organizations: Missouri Association for Health, Physical Education, Recreation and Dance, MO Governor’s Council on Physical Fitness and Health, Missouri Partners in Prevention, Missouri/Kansas Association for Cardiovascular and Pulmonary Rehabilitation, and the Missouri Athletic Trainers Association.
- Our faculty are active nationally and internationally with membership and leadership roles in:
  - American Alliance for Physical Education Recreation and Dance
  - American Alliance for Cardiovascular and Pulmonary Rehabilitation
  - American College of Sports Medicine
  - American School Health Association
  - International Society of Biomechanics
  - International Society of Biomechanics in Sports
  - National Association of Advisors for the Health Professions
  - National Commission for Health Education Credentialing
  - National Strength and Conditioning Association
  - National Wellness Association
  - Society for Neuroscience
  - Society for Public Health Education
- Our faculty members serve the Northeast Missouri area through numerous student-based partnerships. Partnering organizations include Kirksville Primary School, Brashear Elementary School, Preferred Family Healthcare, Partners in Prevention, Kirksville Police Department, Heartland Task Force, and Kirksville Parks and Recreation.
- Our faculty members are committed academic advisors; 3 of the last 4 recipients of the prestigious William O’Donnell Lee Advising Award were HES faculty.

“By the way...I miss Truman. I constantly thought my professors were incredibly intelligent and I always thought my classmates were equally intelligent, hard-working, and just as motivated as I was.”

Alison Hays, ’07
STUDENTS

- We currently have over 550 students across our three degree programs and we continue to expand.
- Our students have presented research at professional conferences across the United States and internationally.
- Student-led organizations include Phi Epsilon Kappa, Eta Sigma Gamma (Health Education Honorary), and the Student Public Health Association. Our students and faculty are also heavily involved in other discipline-related organizations such as the American Medical Students Association, Pre-Dental Club, and the Pre-Student Osteopathic Medicine Association.
- Our students work with a wide range of community residents from children to the elderly to increase quality of life for Missouri residents.
- Many of our students are leaders in campus service organizations such as Cardinal Key, Blue Key, Habitat for Humanity, and Student Athlete Advisory Committee.
- Upon graduation, 100% of our athletic training students have been employed or entered into graduate programs in athletic training.
- Approximately 65% of our Exercise Science majors identify physical therapy as their occupation of choice and approximately 90% of those who apply to graduate programs in physical therapy gain admission.

"After two years of graduate study I look back on the experience I gained while at TSU. To summarize my thoughts: as a whole, the HES faculty did a fantastic job of facilitating the learning process. Specifically, you all allowed us to free our minds from the constructs of content-based learning and actually learn."

Chris Brammer, ’06

from a Sony PlayStation® system to Neurocom’s Balance Master® system.

We have two athletic training clinics where our students work with our 21 NCAA Division II sports teams under the supervision of our five approved clinical instructors.

Students working in our Biomechanics Laboratory learn about human motion, muscle activity, and kinematics using highly sophisticated technology. Students measure three dimensional force vectors by using a force platform, evaluate the activity of multiple muscles while simultaneously examining joint angles or acceleration using a Delsys electromyography system, or measure kinematics through video-based analysis systems including Vicon and Dartfish.

GRADUATE SCHOOL PLACEMENT

- Medical Schools
  - Des Moines University
  - Kansas City University of Medicine and Biomedical Sciences
  - Kirksville College of Osteopathic Medicine
  - Loyola University
  - Medical College of Wisconsin
  - University of Missouri-Columbia
  - University of Missouri-Kansas City
  - University of Nebraska
  - University of Illinois

- Physical & Occupational Therapy Schools
  - Arizona School of Health Sciences
  - Boston University
  - Colorado State University
  - Creighton University
  - Des Moines University
  - Elon University
  - Mayo Clinic
  - Midwestern State University
  - Missouri State University
  - Old Dominion University
  - Rockhurst University
  - Saint Louis University
  - Southwest Baptist University
  - University of Colorado
  - University of Miami
  - University of Missouri-Columbia
  - University of Nebraska Medical Center
  - University of North Carolina at Chapel Hill
  - University of Southern California
  - University of St. Augustine
  - University of Wisconsin at LaCrosse
  - Washington University in St. Louis

- Graduate Schools
  - Drexel University
  - Illinois State University
  - Iowa State University
  - Ohio University
  - Saint Louis University
  - Tulane University
  - University of Alabama
  - University of Michigan
  - University of Missouri-Columbia
  - University of Pittsburgh
  - West Virginia University

FACILITIES & EQUIPMENT

- Students working in our Human Performance Laboratory measure all aspects of human function. For example, they measure oxygen consumption and caloric expenditure using a computerized metabolic cart; gain clinical experience in identifying cardiac abnormalities using a state-of-the-art treadmill with an integrated electrocardiogram package; or use a velocity-controlled strength device to analyze muscle power output and assess the effect of resistance training on strength.
- Students participating in the Movement Neuroscience Laboratory investigate neural contributions to movement control and movement learning using everything from a Sony PlayStation® system to Neurocom’s Balance Master® system.